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# The Tiverton Senior Center

207 Canonicus Street  
Tiverton, RI 02878  
Telephone: 401-625-6790  
Fax: 401-625-6793  
Email: [seniorcenter@tiverton.ri.gov](mailto:seniorcenter@tiverton.ri.gov)



## JANUARY 2022

The CENTER will be closed on Monday, January 3rd and Monday, January 17th

**HAPPY NEW YEAR!!!!**

**Wishing you all a very HAPPY & HEALTHY 2022!!!!**

**URI Pharmaceutical Outreach Program: Thursday January 13th at 10 a.m.**

This month's topic is: ***Intro to Medicinal Oils***. Essential oils have been used for thousands of years for medicinal & relaxation purposes. Learn more about which oils are useful and how to benefit from their properties.



### OUR TEAM:

Janet Holmes  
Director

Angela DaPonte  
Assistant Director

Patty Lavoie  
Office Assistant

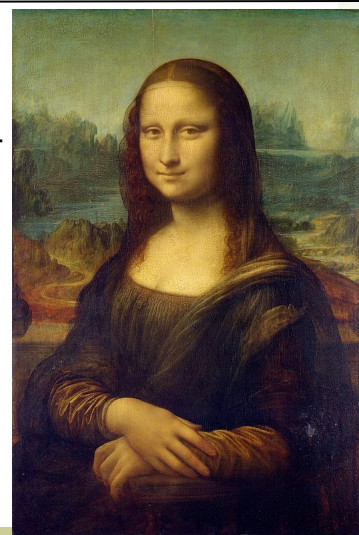
Ray Benoit  
Bus Driver

Phil Ferreira  
Manny Fontes  
Maintenance

Michele Blanchette  
Nancy Lambert  
Dining Assistants

### Jill Sanford & Art For Your Mind

Join Jill on Thursday **January 6th** at **10:15-11:15** for stimulating & entertaining presentations. This month's presentation: ***The Renaissance, Italy's Finest***, offers an opportunity to experience the works of Da Vinci, Michelangelo, Raphael, and other masters of the Italian High Renaissance. We'll learn about why they were important, how they worked, and how their accomplishments forever changed the world of art. Join local art historian Jill Sanford for an enjoyable



### Computer Tutorials with Mark Rudd

Mark Rudd will provide computer instruction for those who are interested in learning or improving computer skills. Tutorials will be offered from **10 to 11:30 AM on Wednesday, January 19th**. Please call 625-6790 to register and indicate what you would like to learn.



## ACTIVITIES AT A GLANCE

**TOPS – NOW ON Mondays!! at 9:00 a.m. in Game Room. Welcome Back!!**

**Exercise with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:15 a.m. \$3**

**Quilting for Charity** meets every **Monday at 10:00-3:00 p.m.**

**Pitch League- Hi, Lo, Jack** meets **Mondays at 12:30 p.m.**

**Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.**

**Drums with Jessica-Tuesdays & Fridays at 1:30 p.m. Class fee is \$3 per class.**

**Tiverton Library Services sponsored Book Club Tuesday, Jan. 18th at 10:15 a.m.**

**Mahjongg– Tuesdays and Fridays, beginning 11:30 a.m.**

**Wednesdays: 12:30 Cribbage & JamBalaya Jammers/Dining Rm & Chorus/Lounge**

**Balance Class with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members**

**Art For Your Mind-Thursday, January 6th at 10:15 a.m. :The Renaissance**

**Center Meetings** will be held on **Thursday January 27th at 10 a.m.**

**FREE Wellness Check with Nurse Terry-Thursday, Jan. 20th 10:30-11:30 a.m.**

**BINGO-Thursdays!!! Starts at 1:00 PM Sharp! January 6,13,20,27**

**Knitters for Charity-Thursdays at 1:00 p.m.**

**Zumba with Jessica—Fridays at 9 a.m. Fee is \$3.00 per class**

**Mark Rudd's  
Computer  
Tutorial**

**Wednesday  
January 19th at  
10 AM**

Members pay \$3 for classes. Non  
-members pay \$6 for classes.  
Become a member for \$5 a year  
and save money!!



**COME JOIN OUR CHORUS!!!!  
Wednesdays at 12:30 in Lounge**

### SHIP~ SENIOR HEALTH INSURANCE PROGRAM

SHIP counselor will meet with folks weekly **by appointment**  
to assist with health insurance/Medicare needs.

Call **Donna Macomber** at 401-644-3317

or e-mail: [pmpsc@outlook.com](mailto:pmpsc@outlook.com) to schedule your appointment.



### CARE GIVER SUPPORT GROUP

Alzheimer's and Care Giver Support Group will meet on

**Monday, January 10th and Monday, January 24th**

from 2:30 to 3:45p.m.; Nurse Care Manager:

**Janet Grapentine** facilitates this group.



**BINGO 1:00 PM  
SHARP!**

**Thursdays!**

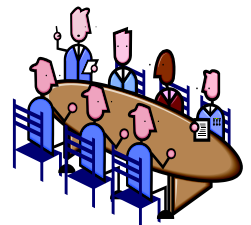
**Jan. 6th Jan. 13th  
Jan. 20th Jan 27th**



**CENTER MEETING for the month of January will be on Thursday, January 27th at 10:00 A.M.**

The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center.

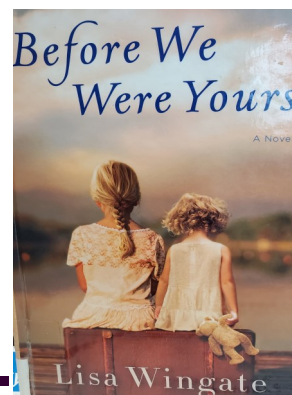
The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing.. The success of our Senior Center depends upon everyone's involvement. Please join us at our monthly meeting & lend your support and ideas.



**Ray** continues to bring Tiverton seniors and folks with disability to either the Center or shopping on Tuesdays & Wednesdays. Please call 401-625-6790 to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person.

**TIVERTON LIBRARY SERVICES** presents "Words for Wisdom" a Book Club hosted by Tiverton Library's Maureen Iwanski. This month's book is **"Before We Were Yours" by Lisa Wingate**. We will meet on **Tuesday, January 18th at 10:15 a.m.** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time. Suggestions on authors and books are gladly accepted.

**Large Print Books are available in office. All are Welcome!**



### Be Creative~ Ceramic Painting Class

We are planning our next Ceramic Class with Pagano Creations for Monday afternoon, January 31st from 1—3 p.m. At the time of this printing, this date/date had not been confirmed. Please check in the office in early January & sign up! Cost is \$20 per person



**LIVE MUSIC every Wednesday at 12:30**, Come Enjoy the sweet sounds of the **JamBalaya Jammers**, now in their permanent time and day—  
The dance floor is calling YOU!!!!



**Sign up for your next COVID Booster shot at <https://www.vaccinateri.org>**

#### JANUARY 2022:

Kathy Majkut	01
Joan Lord	01
Kate Ward	01
Dale Brown	01
Germaine Freitas	01
Yahoko Paradise	02
<b>Rosalie Burton</b>	02
Clarence Toth	02
Robert Lindo	05
Beverly Santo-Christo	07
Kathi Barry	07
Paula Charette	09
Joan Honeycutt	11
Carol Olancin	12
Sally Lockhart	12
Cheryl Ventura	12

Judy Crawford	13
Rita Segal	13
Frances Frank	13
Eileen Cook	16
Robert Vieira	16
Robyn Heroux-Dorer	16
Theresa Viens	17
Luciel Mendoza	17
Sylvia Schweitzer	19
Mary Vieira	19
Joan Chabot	20
Timothy Maloney	20
Nancy Harrison	21
Dorothy Pennachi	21
Suzanne Finkel	23
Raymond Massey	25
Cheryl Neale	27

Deborah Schoonover	29
Jo Ann McCullough	29
Angelina Viveiros	30
Peachy Ouellette	30
Julie Mosher	31
Shirley Pineault	31



#### Some Famous January Births:

- Joan of Arc: January 6, Circa 1412. ...
- Zora Neale Hurston: January 7, 1891. ...
- David Bowie: January 8, 1947. ...
- **Elvis Presley: January 8, 1935. ...**
- Simone de Beauvoir: January 9, 1908. ...
- Alexander Hamilton: January 11, 1755. ...
- Martin Luther King Jr.: January 15, 1929. ...
- Muhammad Ali: January 17, 1942.

**Happy Birthday**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED</p> <p>Happy New Year</p>	<p><b>January 2022 Menu</b></p>	<p><b>5</b> Beef Noodle Soup  <b>Herb Roasted Grilled Chicken</b>  Rice Pilaf  Garlic Spinach  Fresh Fruit  Wheat Bread  Herb Roasted Grilled Chicken on Wheat</p>	<p><b>6</b> Lentil Soup  <b>Italian Sausage w/ mustard</b>  Tortellini  Peppers and Onions  Garlic Roll  Mandarin Oranges  Italian Sausage on Roll w/ mustard</p>	<p><b>7</b> 100% Juice  <b>Turkey Chili w/ Low Fat Cheese</b>  Corn Bread  Seasoned Broccoli Spears  Fruit Cocktail  Hamburger on a bun w/ mustard</p>
<p><b>10</b> Barley Soup  <b>Veal Parmesan</b>  Seasoned Pasta  Italian Blend Vegetable  Cookie  Italian Bread  Veal Parm on Bulky Roll</p>	<p><b>11</b> Chicken Vegetable Soup  <b>Pork Loin w/Applesauce</b>  Wild Rice  Capri Blend Vegetables  Rye Bread  Sliced Peaches  BBQ Pork on Roll</p>	<p><b>12</b> Italian Wedding Soup  <b>Meatballs w/Sauce</b>  Pesto Pasta  Mixed Vegetables  Snow Flake Roll  Fresh Fruit  Meatball Grinder</p>	<p><b>13</b> Tomato Basil Soup  <b>Roast Turkey w/Gravy</b>  Corn Bread Stuffing  California Blend Vegetables  Marble Bread  Fresh Fruit  Turkey and Cheese w/ mayo on  Marble</p>	<p><b>14</b> Red Chowder  <b>Stuffed Sole</b>  Mashed Potato  Roasted Brussel Sprouts  Pudding  Wheat Bread  Fish Sand w/ tartar sauce on wheat</p>
<p><b>17</b></p> <p>CLOSED</p> <p><b>Martin Luther King, Jr. Day</b></p>	<p><b>18</b> 100% Cranberry Juice  <b>Beef Stroganoff</b>  Buttered Noodles  Sliced Carrots  Marble Bread  Fresh Fruit  Pub Burger w/ mustard on  Hamburger roll</p>	<p><b>19</b> Kale and Bean Soup  <b>American Chop Suey w/</b>  Whole Wheat Elbow Pasta  Winter Blend Vegetable  Butterscotch Pudding  Rye Bread  Ham Salad on Rye</p>	<p><b>20</b> Chicken Escarole Soup  <b>Pot Roast w/ Gravy</b>  Mashed Potato  Asparagus Cuts  Pumpnickel Bread  Frosted Cupcakes  Pot Roast on Pumpnickel</p>	<p><b>21</b> Clear Chowder  <b>Tuna Salad</b>  <b>Tossed Salad w/ Italian Dressing</b>  Croissant  Sliced Pears  Tuna salad on Croissant</p>
<p><b>24</b> Split Pea Soup  <b>Knockwurst w/ mustard</b>  Seasoned Potato  Baby Whole Carrots  Fresh Fruit  Marble Bread  Knockwurst w/ mustard on roll</p>	<p><b>25</b> Chicken Soup / Orzo  <b>Chicken Cordon Bleu w/ gravy</b>  Lyonnais Potatoes  Roasted Zucchini  Rye Bread  Fruit Cocktail  Chicken Loaf w/ mayo on Rye</p>	<p>26 Pasta &amp; Bean Soup  <b>Garlic Shrimp</b>  Seasoned Shells  Capri Blend Vegetables  Sponge Cake  Multi Grain Bread  Shrimp Salad on Multi Grain</p>	<p><b>27</b> Lentil Soup  <b>Meatloaf w/ Gravy</b>  Mashed Potato  Mixed Vegetable  Yogurt  <i>9 grain bread</i>  <i>Meatloaf on 9 grain w/ ketchup</i></p>	<p><b>28</b> Chili Soup  <b>Veggie Burger</b>  Au Gratin Potato  3 Bean Salad  Brownie  Wheat Bread  Veggie Burger on wheat</p>
<p><b>31</b> Vegetable Soup  <b>Italian Style Chicken Cutlet</b>  Wild Rice  Stewed Tomatoes  Oatmeal Bread  Diced Peaches  Italian Style Chicken Culet on Roll</p>	<p><b>Call: 401-625-6790 to order your lunch!</b></p>	<p><b>ALL SANDWICHES INCLUDE</b></p> <p><b>100 % JUICE L/S CHIPS DESSERT MILK</b></p>	<p>All menu item may contain.  Nuts, Seeds, Bran, Beans, Wheat, Eggs and other allergens</p> <p>MENU ITEMS ARE SUBJECT TO CHANGE</p>	<p><i>Funded in part by the US administration on aging and state funds by the RI OHA</i></p>